



Newsletter Term 1 March 2015

**THERE WILL BE NO
CLASSES ON THE
FOLLOWING DATES for
APRIL / MAY 2015:**

*Morayfield - 3rd April
Holy Spirit School – 6th April
Embrace Life – 7th April
Morayfield – 25th April
Holy Spirit School – 27th April
Embrace Life – 28th April
Holy Spirit School – 29th April
Morayfield – 1st May
Holy Spirit School – 4th May*

If you have any concerns about not attending a group class please let me know and I will do my best to source a class for you.

Alternatively I am more than happy to provide a very basic home practice written plan for you.

This week sees the Autumn Equinox. For me the equinox is recognition of the cycles of life; a time to be thankful for the abundance of the seasons that have passed and an opportunity to prepare for the pending cooler months. Traditionally the people of the land would give thanks for the bountiful harvest they reaped as a result of their labours. They would take the opportunity to preserve and store the excesses from the summer harvest in preparation for winter when food might be scarce. But we are a fortunate generation where with our global economy and the opportunity that abounds all year round we do not necessarily have to squirrel away the fruits of our labour. Or do we?

Over the coming weeks start to take note of the seasonal changes. Pay attention to what happens as the cooler change sets in. Be aware of the shortening of the days and the lengthening of the nights. I personally have noted the change. Now when the alarm goes off at 5.10am I note how dark it is and I am feeling a little more reluctant to crawl out of bed. I have even been considering putting on a light jacket when I show up to the mat for my morning yoga and meditation practice.

I have been looking towards the winter months wondering if I will change the yoga timetable or perhaps make changes at the locations in order to accommodate our unconscious need to “den” and seek warmth. I imagine that winter would tend to see the number of attendees in Bikram classes increase. At this stage there is only consideration and observation. As we hit the peak of the Autumn months I may embrace change but for now we keep the status quo and continue with our regular classes acknowledging the changing seasons, the cycles of life and celebrating all that life brings.

In this newsletter I want to acknowledge support from both Holy Spirit School and Embrace Life for allowing me to facilitate yoga classes in their space. It is a privilege for me to be given the room to do what I love and to share what I have learned. The last term has been a huge growth for Mindful Living Matters and without having the flexibility and security these “home” bases offer by providing space to hold classes, that growth may not have been as exponential.

I also want to thank you my clients for your support so far. It has been a privilege to see some many returning students in 2015 and even some brand new faces. I love this little community of yogi's and yogini's. We have started a community of the littlest yogini's with the kids classes starting this term. Such an amazing sensation in my heart to see the next generation of yogini's coming through and knowing that they have their wonderfully mindful parents as role models, as I recognise most of the mum's of the littlest yogini's attend the adults classes also.

There are a couple of other items to discuss in this newsletter along with some dates when I will not be facilitating classes.

I look forward to seeing you all at our next yoga class gathering. In the meantime keep showing up to your mat and continue to develop your personal practice.

Yours with Ki
Om Shanti
Deb

Personal Safety

Please be aware of arriving and leaving classes at all venues. Personal safety is paramount. If you have any concerns at all as you arrive and leave a class regarding your personal safety please contact me immediately. I will do my best to address your concerns.

I would like to ask that you all be extremely mindful when arriving or leaving in the dark and whenever possible walk to your cars (or to the venue) with a buddy or as a larger group. Please report any suspicious persons or activity to me immediately. This is particularly important at Holy Spirit School where we need to walk through the school grounds to return to our car.

Whenever possible walking through the school use the paths provided, stick to well-lit areas and do not step over fences, barricades or chains but rather walk around them or use gates.

Always be aware of traffic in car parks and please do not drive if you are not feeling adequately grounded, feeling light-headed or perhaps still feeling too relaxed after mediation.

Kids and Teens Classes

The last kids and teens classes for term 1 will be the 31st March (6 – 12 yrs old) and the 1st April (teens). Classes will recommence in term 2 on the 5th May (6 – 12 yrs old) and 6th May (teens).

I am considering splitting the 6 – 12 year old class on Tuesday based on a request. It is just a consideration and I encourage your feedback for facilitating a class from 3.30pm – 4.15pm for 5 – 7 year olds and a 4.30pm – 5.15pm class for 8 – 12 year olds. At this stage there is not enough “tweens” to hold split this class BUT I am making consideration. Please let me know how this will work for you and your littlest yoginis over the next couple of weeks and I will let you all know at the end of term via email how next term will proceed.

At this stage there will be kids classes still held at Embrace Life from 4.30pm – 5.15pm.



School Holiday Classes

I have been discussing a holiday program for teenagers with the YMCA at The Space to coincide with Youth week. I will have further information leading up to school holidays and will keep you informed as needed. I do not have plans for the littlest yoginis but am open to your thoughts and suggestions.

Meditation Gathering

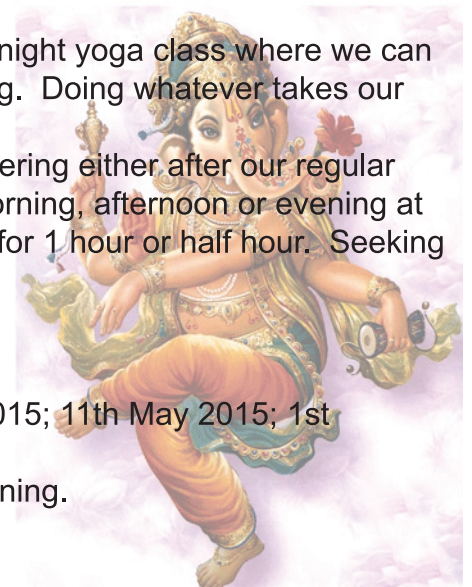
I am considering hosting an additional half hour session after the Monday night yoga class where we can all sit in silence meditating on sensations, chanting japa, singing or dancing. Doing whatever takes our fancy in terms of releasing and letting go however our heart takes us.

I would love to hear your suggestions on hosting a regular meditation gathering either after our regular scheduled yoga class or as an additional get-together. This might be a morning, afternoon or evening at my place, an open location or somewhere at your suggestion. It could go for 1 hour or half hour. Seeking your input. Please email or text me.

Loud Pants Monday

The dates for our loud pants Monday nights next term will be: 13th April 2015; 11th May 2015; 1st June 2015 ; 6th July 2015

Find your loudest and brightest pants and let's get our yoga groove happening.



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